



DHEA and the Brain (Nutrition, Brain and Behavior)

Robert Morfin

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Millions of people, particularly older American citizens, have been taking dehydroepiandrosterone (DHEA) as a daily nutritional supplement. However, there is some concern that prolonged self-administration may result in health problems in the future, as the production of DHEA and its mode of action are still unknown. In addition, potential side effects due to the production of steroid derivatives in the tissues is a concern, such as the effects on brain and liver, the neuroprotective effects, and the mechanism of action in the brain. In *DHEA and the Brain*, the authors evaluate existing studies and discuss new ideas and approaches to future investigations into the physiological actions of this hormone.

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